Please Religion Li VICTORIAN BABY HEALTH CENTRES ASSOCIATION 71 balling A. 10.5 VICTORIAN BABY HEALTH CENTRES ASSOCIATION FIRST ANNUAL REPORT 1918-1919 MELBOURNE: G. A. GREEN, PRINTER. 14 M'KILLOP STREET

VICTORIAN BABY HEALTH CENTRES ASSOCIATION.

FIRST ANNUAL REPORT 1918-1919.

President:

DR. A. JEFFREYS WOOD.

Hon. Secretary:

MRS. J. J. HEMPHILL.

Hon. Treasurer:

MRS. C. O. WHITE

"Tiverton," Stanhope Street, Malvern.

Hon. Auditors:

MESSRS. BRENTNALL, MEWTON & BUTLER.

Hon. Organiser Newspaper Scheme.

MRS. C. J. HENDERSON.

Members of Council:

Mrs. Carty Salmon Mrs. Percy Oakden Dr. Constance Ellis Dr. Jean Greig Mrs. G. H. Crespin Mrs. W. Ramsay Mrs. Stringer Miss Manger Mrs. Reid Lieutenant-Colonel Brodribb Dr. Isabella Younger Dr. W. G. Cuscaden Mrs. H. P. Douglass Mrs Small Mrs. J. H. Dodds Mrs. J. Fawcett Mrs. R. Barr

Cr. H. J. Robinson. Cr. T. Smith.

NEWSPAPERS NEEDED.

Baskets are provided at the city railway stations for the contributor who will bring a paper each morning from home.

Freight is paid on all newspapers sent by rail from the country. Mayne, Nickless will collect, in any suburb, parcels of newspapers only, weighing not less than 20 lbs. and firmly tied.

No one is asked to contribute money or bear any expense; merely give a newspaper of any size, daily or weekly, for the babies' sake.

All information can be obtained by ringing up Central 6591, or by writing to the Newspaper Depot, 454 Collins Street, Melbourne.

(Mrs. C. J.) LINA HENDERSON,

Hon. Organiser Paper Scheme.

VICTORIAN BABY HEALTH CENTRES

FIRST ANNUAL REPORT

Ladies and Gentlemen,-

The Executive Council of the Victorian Baby Health Centres has pleasure in submitting its First Annual Report and Balance-sheet.

INFANT WELFARE WORK.

The Victorian Baby Health Centres Association was formed in June, 1918, to link together the various Baby Clinics which had been established in Melbourne and Geelong, and to co-ordinate and extend the work of teaching the expectant mother what to do with the view of bringing a healthy child into the world, and breast-feeding it; to inculcate the principles of simple hygiene in the home and the have fact that health for herself and her had is most easily attained by following the laws which Nature herself has laid down.

The need for such work had long been recognised by all those interested in the welfare of child life; the success of such movements in Great Britain, the United States, New Zealand, and other Australian States, in lowering the infant mortality rate, and lessening that damage rate which includes those who suffer from preventable disease in infancy and survive with constitutions permanently injured, was many times put before the State Government.

GOVERNMENT CONFERENCE.

In June, 1917, a Conference was called by the then Minister for Health, the Hon. D. McLeod, M.L.A., in the Melbourne Town Hall, of representatives of the Metropolitan Municipal Councils and the different societies and institutions doing child welfare work in Melbourne, to formulate a scheme of Baby Clinics (this being the name under which the movement is known in New South Wales), the Minister stating that the Government was prepared to subsidise such a movement on a £1 for £1 basis. At that Conference a Committee was formed to draw up a plan for the working of such Baby Clinics. That Committee differed as to whether the proposed Clinics should be entirely educational and preventive, or whether they should also include the treatment of sick children, with the result that a majority and a mainority report were put before the Minister, and no practical result was attained.

AIMS AND OBJECTS OF THE ASSOCIATION.

- To safeguard the health of mothers and babies, by the spread of knowledge of the laws of health.
- (2) To encourage the breast-feeding of infants.
- (3) To employ trained nurses who shall:-
 - (a) Attend certain centres, where not only mothers with their babies can come, but also expectant mothers.
 - (b) Visit mothers at their homes and help them carry out simple hygienic
- (1) To hold meetings and give organised teaching to women, as opportunity shall arise, and to disseminate such knowledge by every available agency.
- (5) To co-operate with all present or future organisations working for the same objects.

The objects of the Association being to keep infants healthy, sick children are always referred to their own doctor or to a hospital.

In the meantime, Dr. Isabella Younger, who had had practical experience of infant welfare work in Great Britain and America, and Mrs. J. J. Hemphill determined to establish a Clinic on the educational and preventive lines which had proved so successful in other countries; and assisted by the Committees of the Boroondara Kindergarten, Richmond, and the Bouverie Street Kindergarten, Carlton, formed a Committee and appointed a nurse who, for the first few months, devoted her time to both districts. The response of the mothers was overwhelming, and thanks to the generous support of the Richmond City Council, it was possible to appoint a second nurse. Then a Committee was formed in Fitzroy and Collingwood, a nurse established in these municipalities, whose work was so much appreciated that it was soon necessary to appoint a nurse to Fitzroy only, and another to Collingwood; in March, 1918, a Clinic was opened in North Melbourne, and in June, 1918, a nurse took duty in South and Port Melbourne.

During the current year, the centre which had been established at Geelong by the Geelong District Nursing Society became affiliated with the Central Executive. A new centre was opened at Brunswick, supported by the Brunswick Municipal Council, and with a strong local Committee.

The centres in Melbourne are now seven in number, with Geelong as the first country centre: and the Executive Council felt that in order to co-ordinate the work it was necessary to appoint a Sister-in-Charge. Sister Peck, the pioneer nurse of the movement in Melbourne, was appointed to the position. The Executive Council regrets that illness has been the cause of her absence during the past three months, but in Sister Jones, who has had the advantage of training at the Karitani Harris Hospital, Dunedin, New Zealand, and several years' experience as a Plunket Nurse, an excellent substitute has been found.

RICHMOND.

The first Baby Health Centre in Victoria was opened in Richmond, and this district has two years' steady work to its credit, the result being that it was necessary to open a sub-centre at South Richmond, in order to cope with the increasing numbers. The supply of Willsmere milk, which is granted by the Richmond City Council at a requester rate, and in some later, free of charge, is of great assistance to the work, and is much appreciated by many mothers.

COLLINGWOOD.

The centre was opened in March, 1918, in conjunction with Fitzroy, but when summer approached, the work became so heavy that a second nurse was appointed, who, later on, took charge of Fitzroy. The interest taken by the Collingwood City Council, and the grant towards a supply of Talbot milk, have helped the centre very much.

FITZROY.

This centre was separated from Collingwood as far as the work is concerned, by a nurse being given charge in January, 1919, but the combined Committee continued until the Annual Meeting in July of this year.

CARLTON

Was in charge of a nurse who also worked in North Melbourne until January, 1919, when the centres were separated, owing to the pressure of work. This centre is now held at the Women's Hospital, and the pre-natal Clinic, which has been established there, is of great assistance. We wish to thank the Hospital authorities for their sympathetic support.

NORTH MELBOURNE

Has been a separate centre since January, 1919; it has proved very successful, and the assistance of the City Council in allowing the centre to be held at the cottage on the Town Hall property, and the Committee of the Mechanics' Hall, in allowing the centre to be held there during renovations to the cottage, is much appreciated. The City Council also contributes to the supply of Talbot milk.

SOUTH AND PORT MELBOURNE

Are managed by the Municipal Councils of these districts,

BRUNSWICK.

The centre was opened in May, 1919, and is making marked progress under a local Committee and with the support of the Municipal Council.

GEELONG

Is making steady progress, and it is hoped to extend the work from this centre this coming year.

INFLUENZA.

The epidemic has meant a shortage of available nurses, the staff has been depleted and the numbers at every centre have suffered, especially during the period when restrictions were imposed.

MUNICIPAL COUNCILS.

The recognition by the Municipal Councils of the beneficial results to the health of the community of the establishment of what are now called Baby Health Centres has been shown by the financial support given by the Councils of South Melbourne, Fitzroy, Richmond, Brunswick, Collingwood and Port Melbourne, by the fact that rooms for centres where babies are brought to the nurse are given from of charge at the local Town Hall, and this, together with the keen personal interest taken by the Mayors and members of the various Councils, has greatly helped to make the movement a success.

That it has been successful is evidenced by the fact that in every district where a Baby Health Centre has been established, the attendance of mothers, is steadily increasing, and the services of the nurse in charge, not only in helping individual mothers, in homes, and at the centres, but when possible, lecturing and addressing meetings, are increasingly availed of. Then to every centre come mothers from districts where as yet it has not been possible to establish a centre — mothers who have heard of the benefits received by others. In addition to the eight nurses employed in Melbourne and Geelong, there is a devoted band of voluntary workers, without whose assistance it would have been impossible to accomplish so much.

CO-OPERATION.

A feature which has helped the movement considerably has been the cordial co-operation of other societies and institutions; the Children's and Women's Hospitals, Talbot Milk Institute, District Nursing Society, Benevolent Societies have all in their turn showed a spirit of mutual help, which has assisted the smooth running of every centre.

VICTORIAN BABY HEALTH CENTRES CENTRAL COUNCIL.

STATEMENT OF RECEIPTS AND EXPENDITURE FROM 1st JULY, 1918, TO 30th JUNE, 1919.

RECEIPTS. To Donations— Felton Bequest	EXPENDITURE. By Salaries
Mrs. J. D. Campbell	"Baby Clinics (Felton Bequest—Maintenance) 150 0 0 "Balance at National Bank of Australasia Ltd 214 17 2 £463 18 0

Melbourne, 18th July, 1919.

Audited and found correct—

THOS. BRENTNALL, F.C.P.A., Auditor.

MARGARET E. WHITE,
Hon. Treasurer.

CENTRAL EXECUTIVE.

In June, 1918, a Central Executive Council was formed of representatives of each local Committee, the Municipal Councils contributing financially, the Women's and Children's Hospitals, the B.M. Association, Medical Women's Association, Talbot Milk Institute, and Australian Health Society. On this Executive are also two Government nominees; for the Lawson Government has loyally carried out the promise given by its predecessor, and subsidises the centres on a £1 for £1 basis. Of this Executive Council, Dr. A. Jeffreys Wood was elected President; Mrs. J. J. Hemphill, Hon. Secretary; and Mrs. C. O. White, Hon. Treasurer. Feeling that the name "Baby Clinic" has led to some confusion of thought as to the scope of the work being done, the name "Baby Health Centres" has been substituted.

WORK IN OTHER COUNTRIES.

Before laying down the principles under which the work should be done, much study and thought were given to similar movements in other countries, for so strongly has the feeling arisen that a high birth rate will help a country little if accompanied by a correspondingly high infant death rate, that schemes to promote the health of mothers and infants have been established in almost every civilised country; and the war has brought about the paradox, that an almost wanton disregard of human life makes life more highly valued. To the Society known in New Zealand as the Royal Society for the Health of Women and Children, the Baby Health Centres of Victoria are much indebted; the rules which govern the Society, not only in its organisation, but also in the work of its nurses, have been of much assistance to the Executive Council.

The desire of the Baby Health Centre Executive to establish a Training Centre where nurses taking up the work of infant welfare could receive three months' training and where a School for Mothers could be installed, has been postponed by the influenza epidemic, but we trust that ere long this will be an accomplished fact.

MILK SUPPLY.

We are indebted to the Talbot Milk Institute for their co-operation during the summer months, and to the Melbourne Ladies' Benevolent Society for supplying milk to necessitous cases from March until June 30th, 1919. We recognise that the greatest stumbling block to the establishment of a complete system of infant welfare in Melbourne is the present milk supply, and feel that every effort should be made to place this important matter on a reliable basis.

FINANCIAL.

The State Government subsidy has been paid direct to the Centres, each application being endorsed by the Central Executive Council every quarter.

Each Centre has a local Committee and manages its own affairs, publishes its own Annual Report and Balance-Sheet, and in centres in which a municipal grant is received the grant is paid direct to the local Committee for use in that particular district.

The expenses of the Central Executive Council are met by donations. These expenses include the salary of the Sister-in-Charge, propaganda work, and will, in future, include the maintenance of a training centre.

In April, 1919, Mrs. C. J. Henderson, who had originated and carried on a scheme by which newspapers were collected and sold, for the benefit of the Australian Comforts Fund, finding that the cessation of hostilities in the great war made further donations to that fund unnecessary, generously offered to devote half the proceeds of the scheme to the Baby Health Centres and half to the Children's Hospital Special Appeal for Baby Wards, with the proviso that when the Children's Hospital had raised the required amount for that purpose, the whole proceeds of

the newspaper funds should be paid to the Baby Health Centres. This offer was gratefully accepted and the Executive desires to place on record its appreciation of Mrs. Henderson's generous action. Mrs. Henderson has also allowed the newspaper depot to be used as the Central Office of the whole organisation.

The Executive Council also desire to state that Mrs. T. Lyle, who during the war, made a large sum for the Australian Comforts Fund, by the sale of flowers and produce, has offered to donate to the Baby Health Centres the proceeds of the sale of flowers from her own garden, and a sum of £6/7/3 has already been received, for which, though too late for inclusion in the balance-sheet, the Executive Council desires to record its thanks.

The Trustees of the Estate of the late Alfred Felton are gratefully thanked for their donations towards the maintenance of the centres.

The Trustees of the Estates of the late David Syme, J. R. Macpherson, Walter and Eliza Hall, Florence Williams and Sir William Zeal, have also shown their sympathy with the cause of saving infant life, by donations.

The donation of £50 by Miss Ethel Cook was given in memory of one who died for his country, and is to be devoted to an educational exhibit which may be utilised in various parts of the State for the purpose of spreading knowledge of the care of infant life.

The Executive Council wishes to thank the Hon. Auditors, Messrs. Brentnall, Mewton & Butler, for auditing the books of the Central Council, and the Melbourne Tramway Board for allowing tickets to be purchased for the nurses while on duty at a reduced rate.

It is felt that the signing of Peace and the consequent attention which can be given to the problems of Reconstruction, among which problems the saving of infant life and the building up of a healthy, virile race is paramount, mean the wide extension of the movement known in Victoria as the Baby Health Centres' Association; and in this connection the Executive Council welcomes the approaching visit of Dr. Truby King, whose labours in New Zealand have met with such success.

In the two years in which the Baby Health Centres have been in existence the foundations have been laid, and it is hoped that ere long, a wide and comprehensive scheme of maternity and infant welfare wil be in existence throughout the State of Victoria.

E SHEL M. HEMPHILL, Hon. Secretary.

June 30th, 1919.

NURSES' REPORTS.

New babies at centres, June 30th, 1918, to June 30th, 1919	2087
Total babies under supervision	2804
Total visits, June 30th, 1918, to June 30th, 1919—	
Home visits	10,330
Visits to centres	14,279
Total	24,609
Total visits since establishment of the first centre in Richmond,	33 317
June, 1917	33,317

RICHMOND

BALANCE SHEET FOR YEAR ENDED 30th JUNE, 1919.

July 1st, 1918—RECEIPTS. Cash in hand £8 17 0 State Government Subsidy 125 0 0 Richmond City Council . 86 5 0 Felton Bequest 20 0 0 Private Donations 1 18 0	EXPENDITURE. Nurses' Salaries
£242 0 0	£242 0 0
E. M. HEMPHILL, Hon. Treasurer. The fourth quarterly instalment of £28/15/- from Richmond City Council reached the Hon. Treasurer too late for inclusion in the Balance-Sheet.	Audited and found correct— RUCKER & MACKENZIE, Public Accountants. Melbourne, 31st July, 1919.

NORTH MELBOURNE AND CARLTON. BALANCE SHEET FOR YEAR ENDED 30th JUNE, 1919.

July 1st, 1918—RECEIPTS. Cash in hand £14 19 7 State Government Subsidy . 187 10 0 Felton Bequest	EXPENDITURE.
£312 7 7 E. M. HEMPHILL, Hon. Treasurer.	£312 7 7

Audited and found correct—RUCKER & MACKENZIE,
Melbourne, 31st July, 1919.

Public Accountants.

COLLINGWOOD AND FITZROY. STATEMENT OF RECEIPTS AND EXPENDITURE.

From 1st January, 1918, to 24th July, 1919		
RECEIPTS. To Donations (General) £104 7 0 Collingwood City Council 100 0 0 Government Grant 187 10 0 Felton Bequest for Maintenance 40 0 0 A.W.A. Novelty Night 10 10 6 Discounts 0 1 6	EXPENDITURE. By Salaries and Allowances— Nurses, Collingwood and Fitzroy	
	und Painting Signs 7 1 6 Travelling Expenses— Nurses 12 5 3 Balance Nat, Bk, £40 4 4 , State Sav. B. 0 1 1	
£442 9 0	40 5 5	
Audited and found correct,	£442 9 0	
S. E. DADSWELL, A.I.C.A., MARGARET E. WHITE, Hon. Auditor. GEELONG BABY HEALTH CENTRE		
Statement of Receipts and Expenditure	f or the year ending June 30th, 1919.	
RECEIPTS. Balance from last year £33 3 0 Subscriptions and Donations 18 17 3 Government Grant	EXPENDITURE. By Salary—Nurse £81 10 0 ,, Petty Cash 2 11 10 ,, Chemists 2 13 1 ,, Printing 2 6 3 ,, Balance in Savings Bank 64 12 0	
Audited and found correct,	£153 13 2	
G. FRED WALTER, F.F.I.A. 22nd July, 1919.	ALICE M. SMALL, Hon. Treasurer.	
SOUTH AND POR	T MELBOURNE.	
RECEIPTS Felton Bequest £40 0 0	EXPENDITURE. Travelling Expenses, Equipment and Sundries £34 8 5 Nurses' Salary 154 0 0	
£188 8 5	£188 8 5	

Audited by the Government Auditor.

LIST OF SUBSCRIBERS

The State Government of Victoria.

The Felton Bequest (for Maintenance) Estate of the late Sir W. Zeal Estate of the late W. & E. Hall Estate of the late J. R. Macpherson Estate of the late David Syme Estate of the late Florence Williams "Herald" Trust Account (Miss C. J. Henderson's Newspaper Scheme) Miss E. Cook Mrs. J. D. Campbell Brigadier-General Johnston D. York Syme, Esq. A. Gordon Laidlaw, Esq. Malcolm Brodie, Esq. Cr. Beckett, M.L.C. Miss Stewart Mrs. A. T. Creswick Mrs. Henry Butler Bacchus Marsh Con. Milk Co. Rev. and Mrs. D. A. Cameron Mrs. Todd Mrs. Armstrong Cr. and Mrs. Fraser Mrs. Andrews Mrs. Ramsay Mailer Miss J. G. Muir Miss Reggie Clarke Miss Todd Miss Agnes Todd Mrs. C. O. White Cr. G. H. Crespin A. T. Danks, Esq. Mrs. G. H. Sutton Messrs. Myers Pty. Ltd. Dr. Isabella Younger Hon. E. W. Greenwood, M.LA D. York Syme, Esq.

Mrs. J. H. Dodds

Mrs. J. Fawcett Mrs. E. Khuner The Municipals Councils of-Collingwood Richmond South Melbourne Port Melbourne Fitzroy Creche and Kindergarten Com. Miss Dorothy Andrews Mrs. W. F. Weigall Mrs. S. Cooke Miss Brodie Mrs. Langland Sutherland Armstrong, Esq. Mrs. Nelly G. M. Buchanan, Esq. Mrs. W. Ferguson Mrs. McClure Smith Mrs. A. Gillespie Mrs. T. Patterson Mrs. McMahen Mrs. Turnbull Mrs. Manger Mrs. H. B. Higgins Mrs. Rollason Mrs. Langwill I. H. Riley, Esq. Cr. Bellmaine Mrs. W. Lowe Mrs. Kimpton Miss Murray Mr. Wilson Mrs. Robert Reid Mrs. Hemphill Mrs. W. C. Ward G. Stevens, Esq. Mrs. Mitchell

Mrs. Brown

LIST OF SUBSCRIBERS (Continued)—

A. W. N. League (proceeds of American Tea) Grocers' Association Cheetham Salt Propty. Miss Hope, 1918-19 Mrs. A. W. Gray Mr. W. F. Volum Mr. H. Pincott J.D.K.Z. Mrs. W. Humble

Mrs. Gillett
Mrs. McLaren
Mrs. Langhorne
Mrs. F. Hooper
Mrs. Holden
Per Mrs. Cantwell
Mrs. H. Richardson
Mrs. Dobie
Per Nurse Ingram

CENTRES ARE OPEN AS FOLLOWS:

BRUNSWICK.—Town Hall, Monday, Wednesday and Friday, 1.30 to 4.30 p.m.

CARLTON.—Women's Hospital, Monday and Thursday, 1.30 to 4.30 p.m.

COLLINGWOOD.—Town Hall, Monday, Tuesday and Friday, 1.30 to 4.30 p.m. Wednesday, 10 a.m. to 4.30 p.m.

FITZROY.—Town Hall, Monday, Tuesday, Wednesday and Friday, 1.30 to 4.30 p.m.

GEELONG.—Chilwell, Tuesday afternoon. West Geelong, Wednesday afternoon.

A Centre will be opened shortly at East Geelong.

NORTH MELBOURNE.—Post Office Place, Tuesday, Wednesday and Friday, 1.30 to 4.30 p.m.

PORT MELBOURNE.-Town Hall, Tuesday and Thursday, 1.30 to 4.30 p.m.

RICHMOND.—Town Hall, Monday and Thursday, 1.30 to 4.30 p.m.

SOUTH RICHMOND.—W.C.T.U. Kindergarten, Little Cremorne Street, Tuesday and Friday, 1.30 to 4.30 p.m.

SOUTH MELBOURNE.-Town Hall, Wednesday and Friday. 130 to 430 p.m.